

Health Talks

By John B. Huber, AMMD

HOW TO SELECT YOUR FAMILY DOCTOR

If you need medicine consult a skilled physician. My friend, Dr. Evans, of Chicago, wrote a correspondent that he should be examined by a good family doctor (a thing which I myself rather frequently advise) and was told: "The ordinary layman is in no position to judge a physician. What is a good family doctor?" Dr. Evans answered: "One who shows judgment and sense in the ordinary affairs of life—by attendance at hospitals, medical society meetings, by reputation with other good physicians, by the books and journals read; by knowledge of medicine, medical judgment and skill." True, every word of it. And to Dr. Evans' advice may I add, consider the character which the doctor you select has among his neighbors.

Character is the great word. Please, Reader, be sure to read Emerson's Essay on this subject. I quote from memory. "We do not find in any record of Washington's material reason for his greatness: in battle he was generally defeated; but today his soul represents the American nation's noblest, finest, supreme possessions for good."

Character is the man! You will never go astray if you secure for your family doctor a man of character. "But how," Dr. Evans' correspondent intimates "are you to judge as to his skill?" By his packed waiting room? He has, say, hired an office in which he regularly keeps office hours, and some patient has happened in whom he has cured. Does the cured man hide the fact of

his cure in the back of his own head? He does not. He spreads the fact abroad, and within a week, if the doctor has given evidence that he possesses curing abilities, it will be the part of wisdom on your part to follow the crowd and take your turn.

Two items more—Conscience and Sympathy. An elderly physician once left an assistant on a grave case—let me say of diabetic coma. The assistant stuck to his patient most diligently all night long. Next morning he called on his chief and told him what he had done. "Was I right in this; was I wrong in that?" and so on. Finally his chief interrupted: "Are you of Puritan stock?" "No, why do you ask?" "You appear to be burdened with a conscience." Now, the successful practitioner bears that load so long as he lives out his professional career.

Concentrate

Is there any reason why an expectant mother should not have electrolysis used on her face?

Answer—Concentrate on the baby. Don't let anything interfere with its natural development.

Tomorrow—How to Select Your Specialist.

All inquiries addressed to Dr. Huber in care of the "Health Talks" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

ON THE SPUR OF THE MOMENT

A LITTLE SLICE O' LIFE

About six months ago we bought a clock for no particular reason. Except to have something to wind up and get mad about. We already had nine clocks. And could have any sort of time that we wanted, but it seems natural for every man to yearn for a lot of clocks. For all reasons. This clock was guaranteed. And it made a liar out of every other clock we had. We would it up every night. And made it a religious duty. The other day it went wrong. Clanged, sputtered and quit. We took it to a jeweler. And told him we had wound it. Regularly every night. He said: "The spring's busted. And you have wasted a lot of useless energy all this time. It's an eight-day clock."

A Weehawken contrib. claims he got stung by a street corner medicine man the other night. He bought a bottle of medicine for two shillings, and he got with it a rubber comb, a pocketknife, six lead pencils, a fountain pen, two quires of writing paper, a corkscrew, one package of chewing gum, three decks of playing cards, a hand saw and a copy of Webster's Unabridged dictionary. The fellow promised to throw in a bunch of quill toothpicks, too, but didn't do it. The contrib. says you can never trust these travelling fakirs.

Sign in store window: "Four Suits Priced for \$1.50." For heaven's sake! Is there any man in the world

who owns four suits and can afford to have them all pressed at the same time?

"Shoots His Fiancee as She Kisses Him—Headline." Oh, what a husband he would have made!

New York man has invented a rug made out of steel netting. Well, can you beat that?

Company announces a "Gigantic Supper-Film," probably meaning one of those you drop in to look at from 6 o'clock until 7.

Mutual

I met an old love of mine today. She's plaid and drab and fat. I looked at her in alarm and thought: "How did you get like that?"

I stopped and started to speak to her. She laughed and I heard her say: "Surely you are not 'Handsome Hal.' How did you get that way?" —E. M. C.

It is now January and several of our metropolitan motion picture houses are still advertising "The Coolest Place in the City." That is their story and they are going to stick to it.

"Dozen bottles of champagne taken from bootleggers," says one of our contemporaries, and adds: "The enforcement officers are at work on the case." Pleasant work, what?

It may be all right to ape London, but we could get along very well without its fogs.

China has adopted our jurisprudence, which seems, at times, to be the only sort of prudence we have.

HOUSEHOLD HINTS

By MRS. MORTON

MENU HINT
Breakfast
Stewed Figs
Shirred Eggs on Toast
Cocoa
Luncheon
Royal Cream of Tomato Soup
Cheese Puffs
Orange Salad

Dinner
Flank Steak Stuffed with Rice
Cold Slaw
Escalloped Apples with Hard Sauce
Graham Muffins
Coffee

Recipes
Cream of Tomato Soup is made royal by the addition of bits of crisp bacon rather than croutons. It requires only a few slices, and is nourishing, and a change from crackers or croutons.

Cheese Puffs are easy to make and easy to set, and therefore great favorites. Cut one-quarter cup cheese fine, add yolk of one egg, one teaspoon butter, one-half a scant teaspoon salt and a few grains cayenne. Mix well and spread on slices of toast; brown in oven and serve hot.

Orange Salad must complete the nourishment of the lunch. Arrange slices cut from carefully pared (not peeled) oranges, about three on a leaf of lettuce. Garnish with stewed raisins, dates or chopped prunes, according to the taste of the family. Serve with mayonnaise or boiled salad dressing.

Flank Steak Stuffed with rice makes a full, economical dish. Wipe scored steak clean (use about one and one-half pounds). Lay flat and cover with boiled rice which has been well seasoned. Add tomato juice or pimento and green pepper, depending upon what you have at hand. Roll and fasten securely with skewers. Bake slowly in moderate oven, basting occasionally. When done it can be carefully sliced and is attractive.

Tea—Allow from one to three teaspoons of tea to two cups of water, using less of close rolled than of course, loose teas. Use freshly boiled water, scald the teapot, put in the tea and pour in the boiling water; allow it to stand covered three to five minutes and serve immediately.

New Sheetting
Tearing down the middle was a way even the best quality bed-sheeting had of acting long before the other portions showed any sign of wear-

ing this. At last this most annoying and wasteful defect in sheeting has been overcome and in a manner so simple and effective, every woman wonders why some manufacturer did not do it half a century ago.

There has been perfected a new sheet with double weave down the center. This reinforced strip eliminates all possibility of the premature wear which formerly curtailed the life of bedding. With cotton at its present price such an improvement in a household necessarily means a very considerable saving of money in the course of a year.

Embroidery for Window Curtains
Try stitching your new curtains with some heavy mercerized for the upper thread and use finer white for the under. Some pretty color that harmonizes with the color scheme of the room will add a dainty new touch that will be very pleasing.

The same idea may be used in many places in making and remodeling things necessary for the home.

The good parts of old net curtains, with a little linen, furnish abundant material for many beautiful new pieces.

Oak Hill Potatoes—Four cold boiled potatoes, six hard boiled eggs, salt and pepper, two cups of thin white sauce made as follows: Four tablespoons butter, three tablespoons flour, one teaspoon salt and a little pepper, two cups milk. Alternate layers of the potatoes and eggs, sliced in a greased baking dish with the white sauce poured over them, and bake 20 minutes or half an hour. A little chopped parsley added is an improvement.

Banana Pudding is made by dicing the bananas, pouring cornstarch pudding over them and stirring them in. Let cool and serve with cream or milk.

Suggestions

Have a narrow strap, that can be bought for ten cents, nailed to the woodwork just back of the kitchen table. Divide this at intervals with tacks and in the openings thus made, slip your kitchen knives. You can tell at a glance just which knife you want.

A large packing box, padded around the sides and covered with silkoline or cretonne, will make an inexpensive pen for the baby.

Rust on copper can be removed with liquid ammonia.

"PLEASE, MR. LANDIS, WE'LL BE GOOD"



Commissioner Landis shaking hands with Babe Ruth, right, and Bob Meusel, at New Orleans.

"Friendly Enemies" might be the title of this picture. The fact that Bob Meusel and Babe Ruth are still under the suspension imposed by Commissioner Landis didn't prevent them from chatting when the commissioner paid the Yanks a visit during his tour of the training camps. The two players pleaded the case again, but Landis remained firm in his attitude.



MRS. VIRGINIA THORNE.

MARY LYGO.

THE PUBLISHED statements and the suit of Mary Lygo, former "Follies" beauty, against Gordon Thorne, has reunited the latter and his divorced wife. The young Chicago and New York millionaire and his former wife will present a united front in fighting the claims of the show girl. Friends declare the young couple will remain in the near future.

WHERE IRISH ARE BATTLING IRISH



Map of the trouble area in northern Ireland. Shaded area shows portion predominantly Catholic and white portion Protestant. Heavy lines and arrows show where Republicans are reported to be making frequent raids.

MURDER OF SEMINOLE INDIAN CHIEF FROM AMBUSH LAID TO RIVAL TRIBE



The pictures show (insert) the Seminole chief, Jack Tigertail, shot in ambush; left, a Seminole hut near Miami; right, Seminole marksman in the Everglades.

The mysterious slaying of Chief Jack Tigertail, chief of the Seminole Indians, shot from ambush, near Miami, Fla., is laid to commercial rivalry between the Florida tribes. Tigertail was shot through the heart with a rifle. The murder was announced to Jailer Rolfe of Miami in characteristic Indian style. "Tigertail, him on long sleep," was the word brought by a tribesman.

WALKING SALOON LATEST BOOTLEG IDEA DISCOVERED



Portable saloon seized in Milwaukee being demonstrated by police.

The latest innovation in the bootleg trade is the portable saloon. One was seized in Milwaukee. It consisted of a leather-rubber vest, capacity two quarts, with a faucet and a whisky glass. Police say it belonged to Mike Madumich. He paid a fine of \$100 for totting it around.

SPRING GOWN MUST BE LIGHT COLORED



All the bright colors of spring flowers are popular for frocks this season. A nosegay of jade georgette flowers gives a note of color to this beige frock of satin faced crepe. The same shade of jade faces the scalloped sleeves and scalloped blouse. Loose pleats looped near the hem trim the skirt.

OFFICER TEACHES GOTHAMITES HOW TO FOIL ROBBERS



Lieut. J. V. Dominey, U. S. A., telling a gunman.

The government has offered the New York Clearing House Association the use of the Twenty-Second U. S. Infantry rifle range, on Governor's Island, for use as a school of instruction for employees of the New York banks and trust companies. If the offer is accepted, Lieut. J. V. Dominey probably will be assigned to instruct the bank clerks in the art of foiling

BEAUTY CHATS

SWEET SCENTED POWDERS

To be good a powder must be cooling and must protect the skin against the dust and impurities of the atmosphere without obstructing the normal action of the glands. Many powders contain lead arsenic, mercury and bismuth. The continued use of these will ultimately ruin the structure of the skin. The presence of sugar of lead can be detected by trying it with ammonia which will turn it black.

A good powder is made from vegetable ingredients. Most powders are made of rice or potato starch, often with powdered orris root. A most delightful sweet scented face powder can be made at home during the flower season in the following way.

Gather any fragrant blossoms, cut off the stems and bury them in very finely powdered starch and orris root in the proportion of three parts starch to one part orris root. Rose petals will be very satisfactory to use as perfume, and violets, which should be in abundance now, are just as delightful. The flowers should be renewed every 24 hours for a week by which time the powder will be most delightfully perfumed.

Here is a formula for another healing antiseptic bath powder.
Rice powder 6 ounces
Rice starch 6 ounces
Carbonate of magnesia . . . 3 ounces
Boric acid pulverized . . . 1 1/2 ounces
Powdered orris 1 ounce

This is the powder without the perfume. You can add to this 20 drops of any extract, which will evaporate leaving the powder fine and delectably perfumed, or you can add a little sachet powder, enough to give it a sweet scent.

Freckles—The reason why your lips crack in winter is due to a dryness of the skin. You can counteract this by using a cream on the lips every time you finish the skin parched. The habit of biting the nails is often broken by painting "Bitter Aloes" under the ends of them.

Dolly—Since your hair has been coming out ever since you have used the heated curlers, it is possible they are drying out the natural secretions. Try curling the hair without heat and stimulate the circulation in the scalp by giving it a thorough massage every day.

Helene & Dorothy—Neither the cleansing nor the other cold cream given in the "Chats" will have any tendency to grow hair.

Tomorrow—Answered Letters . . .
All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the questions.—The Editor.

THE GOLDEN GIRL

By PHYLLIS PHILLIPS

STELLA'S THREAT

Henry Gay seemed to understand instinctively that there was something he could or should say at that moment to comfort his sister, so like the sensible youngster he was he sat down and let Ilona have her "weeps" out unmolested.

"I know I'm looking foolish, Gay," she finally said, as with a last gulp and a sniffle she looked over at him and tried to smile. "But that, that girl just unnerved me, and I didn't want Miguel to know the details. He would have been furious. And you, did you like the tents, and the people that you saw, dear?" Here she managed a genuine smile.

"Ever so much, Lona. My, but it must have been grand livin' with 'em always, as you did. Wish I could even for a week. No bothers or buttons, nor face washing, nor anything!" he said enviously. "Why the boys there didn't have one clean face between them, and they looked just as jolly as any in our stiff old classroom."

"Never mind, Gay, whenever you can't stand it all after this you and I'll just steal off by our lonesomes and have a day in the woods and a picnic. It's the best thing in the world for the blues or any unhappiness."

Ilona jumped up on the horse, then helped Gay to get into his place behind her and with a cluck to the lazy animal, they set off. "We'll just get there before any questions need be asked, I think, and let's hope that my eyes aren't too red. Are they, Gay?"

"No, not too, too, but you look awful pale and sort of sad."

"Hut! brother, not a word about that. No one must ever know about my being sad, or frightened, or crying. You promise?"

Henry Gay gave the desired promise, and on they galloped. They had gone about a half a mile on their journey and were just rounding a bend in the road when the form

of Stella sprang out from behind a bayberry bush, eyes flashing, as she seized the horse's bridle and hung onto it.

With a violent snort of fear the startled beast halted and then the gypsy girl, advanced under the very nose of Ilona, and shaking her fist in her face shouted:

"I saw you before trying to make my man kiss you, although he showed you that he had no desire to do so and only kissed the useless hand of you, you were not satisfied until you had pushed your pale face and body under his eyes and forced him to kiss you. I was aware of the hate of a gypsy girl, Ilona. And she half drew a short, slim dagger from her red sash significantly. Then kept her eyes fixed meaningly on Ilona's."

"I brook no interference between myself and the man I love. Stay with your own race. We want none of you. Like turns to like. Miguel has told me this a hundred times," she finished triumphantly.

Ilona said nothing in reply, but suddenly with an equally challenging look of rage and defiance she dug her heels into the horse, and before Stella could stop it she found herself in the deeps of a briar bush panting with fury, as the horse bearing her enemy and Henry Gay went whirling down the road.

"Stella remember, Stella remember!" she yelled after them as she groaned and hobbled to a more comfortable resting place.

"Gee, Lona, but that was clever of you," burst from Henry Gay, admiringly, as they let up speed a few minutes later. "I thought we were both going to be stabbed or something exciting!" There was a lingering note of regret in his voice as he thought of what might have been and of how near to being hero of the hour he had come. Ilona smiled at him even though her face was pale with her own recent fright.

(To Be Continued)

HEART AND HOME PROBLEMS

By MRS. ELIZABETH THOMPSON

Dear Mrs. Thompson: I am a girl 14 years old and am a sophomore in high school. My mother is very strict with me and will not let me go anywhere except to school and church. She doesn't even allow me to go to Sunday school parties. I never wanted to go with boys as she seems to think I do, but I would like to go to some of the parties and have a good time as the rest of the girls do. She permitted a few school parties last year when I went with my sister who went at that time. She has always let her go as much as she wanted to and is very good to me otherwise.

Don't you think it is very unreasonable for a girl of my age to be made to stay at home so much?

HOUSE PLANT.

Yes, I do think it is unreasonable to keep you from all school and Sunday school parties. Since your sister no longer attends, why should you? You should be to and from the festivities. Of course you are very young to be a sophomore at high school, but even at the age of 14 you are old enough to attend social activities of the nature you mention. Of course you should return at a reasonable hour at night.

I have no suggestion to offer, little girl, in regard to changing your mother's decision. You know her better than I do and possibly you will be able to find a way. Your sister might also be a help to you in persuading her.

Dear Mrs. Thompson: A few months ago I was left a widow with three little children to support. I have two boys aged 10 and eight and a little girl of five. Since my husband's death we have been spending from our bank account and I can see that soon it will be exhausted.

Before my marriage I worked in a fashionable dress-making shop in one of our largest cities and there I learned about cutting, fitting and sewing so that I have always been able to make very attractive clothes for myself and the children. Now my friends are asking me to sew for them and I am undecided whether I should or not. I have thought of opening a class and cutting and fitting garments which my pupils would have to sew themselves. It seems to me that class work would be more interesting to me, and my pupils would have the worry of getting their garments done

on time and I would be relieved from a great deal of nervous strain.

How many pupils would you advise me to take at a time and how long should I give to my class? Also what should I charge? I have a sewing machine and a large, light dining room where I could carry on the work comfortably and also look after the children.

MRS. L. Three pupils at a time will probably be as many as you can take care of satisfactorily in one class. Have four hour sessions. Probably at first you will only be busy in the afternoon, but your business is apt to grow until you have classes from 8 to 12 and from 1 to 5. Always keep one day a week free so that you will have time to study fashion books, visit stores and enjoy yourself in any way you choose.

Most sewing teachers charge between \$1 and \$2 a week. You might compromise and stitch the seams so that you can fit it and get it ready for the pupil to sew. The second lesson inspect the pupils' work, make changes if necessary and put the finishing touches on the dress.

I wish you all possible success and want to congratulate you for being able to face the future, knowing that you are prepared to support yourself and the children. You are indeed blessed.

"Do you think I shall live until I'm 90, doctor?"

"How old are you now?"

"Forty."

"Do you drink, gamble, smoke, or have you any vices of any kind?"

"No. I don't drink, I never gamble, I loathe smoking; in fact, I haven't any vices."

"Well, good heavens, what do you want to live another 50 years for?"

She looked at him doubtfully after the proposal. "The man I marry," she said, "must be both brave and brainy."

"Well," he declared, "I think I can lay claim to both."

"I admit you are brave," she replied, "because you saved my life when our boat upset the other day, but that wasn't brainy, was it?"

"It certainly was," he retorted. "I upset the boat."